Name _____

THOUGHT RECORD SHEET

Situation	Moods	Automatic Thoughts	Evidence that Supports that Triggering Thought?	Evidence that Does not Support the Triggering Tought?	Alternative or Balanced Replacement Thought	Rate Moods Now
Who? What? When? Where?	a. What emotions did you feel b. Rate each mood (0-100%)	a. What was going through your mind just before you started to feel this way? Any other thoughts? Images? b. Mark the triggering thought			a. Write an alternative or balanced thought b. Rate how much you believe each new thought (0-100%)	Re-rate column 2 and any new moods (0-100%)